

Upside Down Vegetable and Rice Cake

INGREDIENTS

- vegetable oil, for frying
- 1 large aubergine, cut circles into 0.5cm thick slices
- 2 medium potatoes, peeled and cut into 0.5cm slices
- 1 small cauliflower, cut into large florets
- 2 medium carrots, cut lengthways into 0.5cm thick slices
- 2 large tomatoes, cut into 1cm thick slices
- 4 medium onions sliced
- 4 garlic cloves, peeled and sliced
- 200g short or long grain rice washed and drained
- 400-500ml vegetable stock or water

Spices

- ½ tsp ground turmeric
- 1 tsp paprika
- 1 tsp ground seven spices*

**Or ½ tsp allspice*

1/8 tsp black pepper

Fat pinch of cinnamon

Pinch of ginger, nutmeg, cloves, cardamon

- 1 tsp ground coriander
- ½ tsp nutmeg
- 1 tsp ground cardamom
- ½ tsp black pepper
- 1 tsp salt

For Garnish

- Roasted pine nuts
- Chopped parsley

Method:

Place the cut vegetable on a greased oven tray,

drizzle with oil and bake in an oven

preheated to 200C to brown for about 30 minutes.

Fry the spices for 1 minute.

In pan layer up the vegetables

Spread the tomato slices over the onions, then add

potatoes, carrots, aubergine, and cauliflower. Sprinkle the garlic on top and cover with rice.

Gently pour the vegetable stock or water over the rice, making sure all the rice is immersed. Put the pot on the stove top and bring gently to a boil (you don't want a vigorous simmer because that will ruin the layers).

Once simmering, reduce the heat to a bare minimum, cover the pot and cook for 25 to 30 minutes. Check if the rice is cooked if still crunchy add a little more water and cook for another 5 minutes.

7. Cover and let it rest for 10-15 minutes.

8. When ready to serve, remove the lid, and place your large serving plate over the pan. Carefully turn over, so the plate is now on the bottom and the pan on top, place on a stable surface and gently lift off the upturned pan. - ideally, you want the rice to keep the pan's shape, though it's not the end of the world if it falls apart. Serve hot or warm with the salad on the side.

9. Garnish with the pine nuts and parsley